**Health I**

***Guidelines***

**Mrs. Stopay**

**Course Description:**

This course emphasizes effective life management skills that are necessary for

optimum health through a wellness approach. Attention is focused on selection of goals, attitudes and behavior, and decision making processes. The students learn about basic wellness/mortality factors, self-esteem, the reproduction system, healthy relationships, sexually transmitted diseases, HIV infection, infectious and noninfectious diseases, alcohol, tobacco, and drugs of abuse. The successful completion of this

course is a requirement for graduation.

**I. Class Procedure:**

1. Students are to report to class on time. Tardiness will be dealt

with according to school policy.

2. Class cuts will be dealt with according to school policy. The

student will receive a zero for any missed class work due to a

class cut.

3. Students cheating or plagiarizing will receive a grade of zero for

that work.

4. Students are required to have a notebook and folder.

5. Please see me for any missed work, quizzes, and tests that

must be made up or the grade will result in a zero.

6. Students will be seated in his or her assigned seat for every

class.

7. Talking out of turn, being disruptive towards the teacher or

another student will not be tolerated.

8. Extra help is available at any time –Just ask.

**II. Class Participation:**

Students are expected to participate in all lesson activities to the best of their ability for 100% of the class period to earn the highest grade.

**III. Grading Procedures:**

Students are graded on participation (40%), Knowledge: Mastery

of Content (40%), and Performance/Application (20%).

Knowledge and Performance/Application are graded with a series of

assessments that will include some or all of the following formats: handouts, question and answer sessions, written tests, skill tests, presentations, and scenario performances.

Students are expected to complete in-class assignments and homework. Students are responsible for getting all missed assignments and homework upon their return to school. The students and teacher will determine arrangements and due dates for missed work. Students in need of remedial help may contact the teacher or will be identified by the teacher. Remedial help and assignments may be used to improve a student’s knowledge and/or skill ability or to increase a student’s course grade.

A student or parent can access a student’s personal grades anytime by logging onto the school district’s Sapphire grade book system.

**IV. Safety and Behavioral Expectations:**

\* Students must follow ALL building behavioral expectations and guidelines

\* Respect yourself, your peers, and your teacher

\* Do what is asked of you to the best of your ability in the following ways:

participation, knowledge, and skill

-----------------------------------------------------------------------------------------------------------------

Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_